

Pickleball Workshops

Adult Program



Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It can be played as doubles or singles and indoors or outdoors. The game is played on a badminton-sized court with a slightly modified tennis net.

Although the sport has become more competitive through the years, many players enjoy playing for the social aspects of the game. This game is for all ages and skill levels. The rules are simple and the game is easy for beginners to learn.

Five Points Center for Active Adults

#227877

September 7—December 28

Friday

Class Fee: 0

9:00am - 3:00pm

Tarboro Road Community Center

#227878

September 13—December 27

Thursday

Class Fee: 0

10:30am - 2:00pm

Chavis Community Center (Beginners/Advanced Beginner levels only)

#230119

October 9—December 18

Tuesday

Class Fee: 0

10:30am - 12noon

Open Play Pickleball at Five Points (all levels of play)

#225915

September 4 - December 31

Tues & Fri

Class Fee: 0

3:00pm - 5:45pm

Pickleball Workshops for participants with Parkinson's and/or Mobility Issues

Pickleball is a great exercise for anyone, especially those individuals diagnosed with Parkinson's Disease (PD). Evidence continues to show that daily regular exercise has a profound effect on managing PD symptoms. Pickleball combines hand, eye coordination and simple movement therefore assisting individuals with daily life activities.

Chavis Community Center

#230118

October 9—December 18

Tuesday

Class Fee: 0

10:30am - 12noon

Open Play at Chavis Community Center (Beginner/Advance Beginner)

#230119

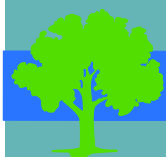
October 9—December 18

Tuesday

Class Fee: 0

12:15pm - 2:00pm

After registering for the Pickleball Workshops you will contact Rudy Patterson who will assign you to a time slot based on your skills. Each week you will confirm a time slot with Rudy. This will allow you to advance at your own pace. For questions and time slots please contact Rudy at rudy.patterson@gmail.com or 919-812-5314.



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Five Points Center	2000 Noble Road	919-996-4730
Tarboro Road Center	121 N. Tarboro Street	919-831-6505
Chavis Community Center	505 MLK Jr. BLVD	919-831-6989

